

Survivorship Week 2023

Active Living after Cancer - *Educate and Exercise*



Guest Panel

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Exercise and Cancer Related Fatigue

Christin Brehm, PT, DPT, Senior Physical Therapist, Integrative Medicine Center



How many of you have experienced cancer related fatigue, or have a loved one who has experienced cancer related fatigue? Are you/your loved one still experiencing it?



Has cancer related fatigue been a common and at times debilitating symptom for you or your loved one?

Did you know?

- Up to 80-90% of patients treated with radiation or chemotherapy experience cancer related fatigue. It can affect ones social, spiritual, relational, work, and emotional life.¹
- Cancer related fatigue is one of the most common and disabling adverse effects reported by patients during and after treatment and can persist for years.²
- Exercise is significantly better than pharmaceutical options for reducing fatigue.²
- Low to moderate aerobic exercise has the strongest evidence for helping to reduce fatigue.
- To reduce fatigue, the American College of Sports Medicine (ACSM) recommends 3x/week of 30 minutes per session of aerobic exercise, and 2x/week, 2 sets of 12-15 repetitions of strengthening/resistance exercise for major muscle groups at moderate intensity.³

Exercise and Fatigue Principles

- Exercise pacing
- Regular, small, but frequent bouts of exercise
- Low to moderate intensity

Note: A 1 on 1 consultation with either myself or an exercise physiologist is the most safe and effective way to determine what kind of exercise routine you should be doing. The above recommendation is general and an exercise routine should not be implemented before consulting with a medical professional. For a 1 on 1 exercise counseling session with myself, please talk to your oncologist about a referral to the Integrative Medicine Center at MD Anderson.

Benefits of Exercise to Combat Fatigue

A regular exercise program can help alleviate fatigue:

- Cancer related fatigue (CRF) is very common among cancer survivors and can last for years after.
- Studies have shown that a regular exercise program can help alleviate CRF by:
 - Increasing energy levels.
 - Increasing strength.
 - Improving your ability to do everyday tasks.
 - Improving sleep.
 - Reducing stress and anxiety.

The best time of day to exercise:

- When you are most likely to remain consistent.
- Early in the day can give a sense of accomplishment and can boost your energy throughout the day.

What should you do:

- Activities that you enjoy (dance, walking, cycling (indoor or outdoor), swimming, kickball).
- Remember to include resistance training at least 2 days a week.

SIT LESS; MOVE MORE-FITNESS BREAKS

Kentrell White, MS. ACSM-CET

- What is a fitness break?:
 - A small break taken during the day in which a person engages in physical activities designed to use different muscle groups, stimulate blood flow, and relieve muscle stiffness.
- Benefits?
 - Boost your productivity
 - Ease the strain on your shoulders and joints that comes from sitting for a long time.
 - For cancer survivors can reduce fatigue and improve outcomes.
- Examples:
 - Dance
 - Yoga/Stretch
 - Take the long way to get coffee/restroom break
 - Desk/Home workouts



QUESTIONS





ARE YOU READY FOR YOUR MIDDAY WORKOUT?

Patricia Tracy

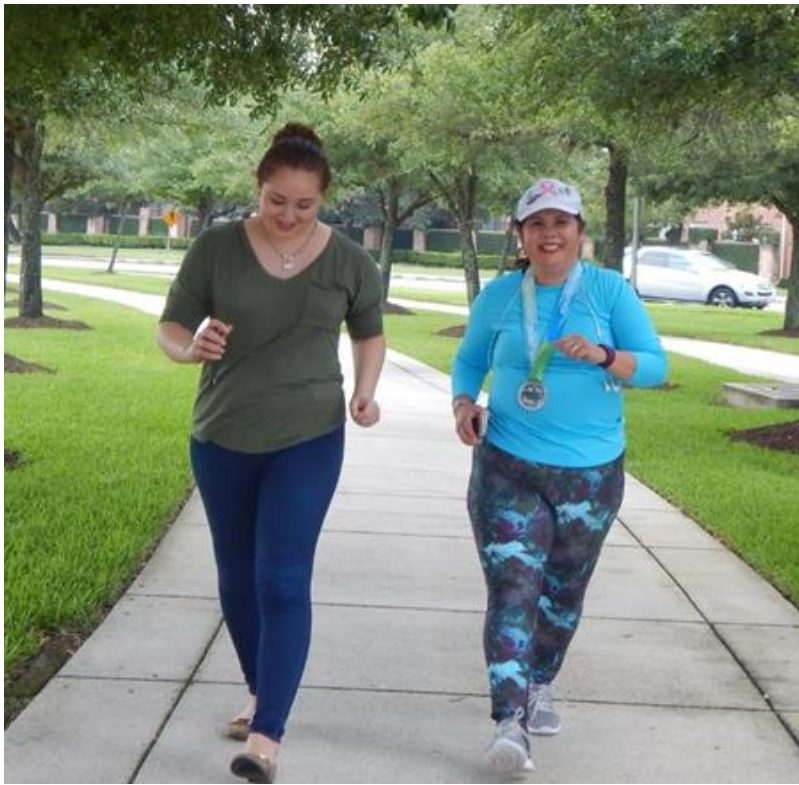
ALAC Program Coordinator

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Active Living after Cancer

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THANK
YOU